

# Among Friends

December 2012

*The purpose of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.*

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



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## TELEPHONE NUMBERS

Senior Center 508-210-5570  
Director 508-210-5571  
Transportation 508-210-5573  
Nutrition Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.

## Mountview School Breakfast



The Staff and Students of Mountview School will hold their annual Christmas Breakfast for **Holden elders** only on Tuesday, December 6 at 9:00 a.m. If you'd like to attend this breakfast, please call the Senior Center at 508-210-5570 to make your reservation.



## Wachusett Area Rotary Club Breakfast



The Wachusett Area Rotary Club will hold their annual Christmas Breakfast for Seniors on Saturday, December 15. Doors will open at 8:30 a.m. at the Manor Restaurant in West Boylston. Entertainment will be provided by the Wachusett Singers from WRHS. Elders from the towns of Holden, Paxton, Princeton, Rutland, Sterling, West Boylston and Boylston are eligible to attend this breakfast. Please call 508-210-5570 to make your reservation.



## A FOND FAREWELL...



To our Dining Site Manager Terry Black who after many years of service decided to retire in November. We wish her well in her retirement and thank her for her years of tireless dedication. The Staff and participants will miss her, but hopefully we will see her here enjoying the Center and all of her friends.



## BEREAVEMENT SUPPORT GROUP



Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Monday, December 10 at 4:30 p.m.** Our Bereavement Support Group will provide community members the opportunity to: **Manage their loss; Understand grief and recovery; Cope with change; Express feelings; Share experiences; Receive Support and Develop new insights.** If you or someone you know has suffered a loss, please invite them to our group. **Everyone is welcome.**



The Board and Staff of the Holden Council on Aging wish you and yours a very Merry Christmas. The Senior Center will be closed on Monday, December 24 and Tuesday, December 25 in observance of Christmas.





# UPCOMING TRIPS

**Tuesday, December 4 ... "Vienna Boys Choir at Springfield Symphony Hall"** The world's most beloved choir has been thrilling audiences young and old for over 500 years. Their eagerly anticipated tours play to sell out crowds nationwide. The Vienna Boys' Choir is a choir of long-standing tradition; and is one of the oldest boys' choirs existing in the world. For nearly five hundred years, they have been a symbol of Austria. Don't miss the opportunity to experience their one-of-a-kind holiday program featuring classic and contemporary Christmas favorites. Before the show, we will enjoy a wonderful lunch at Chez Josef. Menu includes choice of: Roast Center Loin Pork or Stuffed Filet of Sole served with salad, potatoes and fresh vegetables, dessert and coffee. Cost of this trip will be **\$88.00** which will include the Reserved Red Seating, Luncheon, Motor Coach Transportation and all Gratuities. You will depart Holden at 9:00 a.m. and return at approximately 4:45 p.m.

**PLEASE REMEMBER ~ THIS TRIP DEPARTS AT 9:00 A.M.!**

**Thursday, February 21, 2013 ... "Rhode Island Spring & Garden Show" ...** Enjoy lunch with a demonstration of Geppetto's on Federal Hill before heading to the flower show, located at the RI Convention Center, Providence. The menu for lunch: A variety of appetizers and entrée items, Giafranco's homemade tiramisu for dessert, and a nonalcoholic beverage.

**Cost for this trip is \$80.00 per person including driver's gratuity.**

**Friday, March 15, 2013 ... "Women of Ireland" ...** Women of Ireland comprising the best performers within the Irish musical tradition will transport us to their homeland of Ireland. This world renowned performance showcases a wonderful blend of song, music and dancing that is the hallmark of the greatest Irish shows of our time. Our show features both male and female dancers and singers from the magnificent show Riverdance and embodies the spirit of the hit show Celtic Woman. Women of Ireland is a spectacle to be seen live! Meal choices for today's trip: Corned Beef and Cabbage or Baked Haddock. Also included: Venus DeMilo's Famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. **Cost of this trip is \$80.00 per person including driver's gratuity.**

## SOME DECEMBER TRIVIA

- 1) TTNBCAATTHNACWSNEAM What famous bit of Christmas cheer do they stand for? (Hint: It's a famous first line);
- 2) What enduring Christmas classic took just six weeks to write?
- 3) What is the best selling Christmas song of all time?
- 4) Who was Grinch's voice in "How the Grinch Stole Christmas?"
- 5) True or false? The mayoral race in Santa Claus, Indiana is held on December 25th and is called the North Poll.

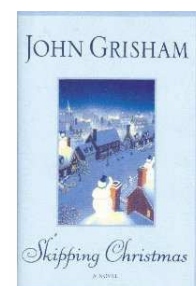
- 1) 'Twas the night before Christmas and all through the house, not a creature was stirring not even a mouse.  
 2) Charles Dickens took just 6 weeks to complete "A Christmas Carol"; 3) White Christmas; 4) Boris Karloff;  
 5) False - but there is a Santa Claus, Indiana

## ANSWERS

## BOOK DISCUSSION GROUP

This month's book is **Skipping Christmas: A Novel** by John Grisham.

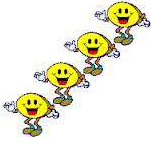
Imagine a year without Christmas. No crowded malls, no corny office parties, no fruitcakes, no unwanted presents. That's just what Luther and Nora Krank have in mind when they decide that, just this once, they'll skip the holiday altogether. Theirs will be the only house on Hemlock Street without a rooftop Frosty, they won't be hosting their annual Christmas Eve bash, they aren't even going to have a tree. They won't need one, because come December 25 they're setting sail on a Caribbean cruise. But as this weary couple is about to discover, skipping Christmas brings enormous consequences—and isn't half as easy as they'd imagined. The discussion group will meet **Thursday, December 13 at 10:00 a.m.**



## SHINE COUNSELOR

**Friday, December 7 and Friday, December 21  
BY APPOINTMENT ONLY**





### LINE DANCING IS HERE!...

Line dancing classes will be held on Thursdays @ 1:00 pm. Classes are taught by dance instructor Cheryl Volpe and are open and appropriate for all levels. Cost is \$4.00 per class. Everyone is welcome. Please call 508-210-5570 with any questions.

### THE LATEST IN HEARING AIDS

A presentation by Dr. Clare Williams from Audiologic, Inc. Hearing Services on the latest inventions in the hearing field will be held on **Wednesday, December 5** at **10:00 a.m.** This program is open to everyone. Please call 508-210-5570 to reserve your seat.



### BACK BY POPULAR DEMAND...



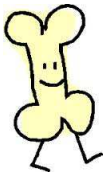
The Silvertones, directed by Marian Hunt, will present a concert of holiday music. The performance will take place on **Wednesday, December 12** at **11:00 a.m.** Please register for the concert at 508-210-5570. (If you wish to stay for lunch, please make your lunch reservation by calling 508-210-5578 by 12:30 p.m. on Monday, December 10.)

### GIFT YOURSELF THIS HOLIDAY SEASON

We welcome you on Wednesday, December 12 at 1:30 p.m. to give yourself a gift. Learn simple and easy ways to change the negative patterns that create stress and anxiety. Honor yourself and recognize your needs in the process. Enjoy happier holidays this time of year with practical suggestions that you can incorporate. Join us for a talk by Katie Cohen, registered Yoga instructor.



### BONE DENSITY SCREENING



The Visiting Nurses Association will hold a free bone density screening on **Thursday, December 13** from **9:00 a.m. – 12:00 p.m.** Appointments are **REQUIRED**. To make your appointment, please call 508-210-5570.

### FROM THE FRIENDS PRESIDENT...

On behalf of the Friends of HCOA Board, I'd like to thank the members of the Friends who donated in any way to our Best of Friends Fair. Because of your time and generosity, we had another successful fair which allows us to continue bringing programs and supporting the seniors of Holden.



A reminder ~ Is it time for your to renew your Friends membership? Check your membership card for the expiration date. Remember, if you are a member, you are welcome to our monthly meeting. The next meeting will be on **Monday, December 10 at 1:00 p.m.**

### JUST A REMINDER...



Paula or Cindy would be happy you to choose from. The cost of bring a book of samples from deliver your order to your home. the Friends of the HCOA.



to bring a variety of greeting cards for the cards is \$1.50 each. They will which to choose, then fill and Proceeds from the card sales benefit






























# DECEMBER 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 8-4:00 Billiards 10:00 Crafts 12:00 <b>Senior Center Christmas Party</b> <i>by Reservation Only</i> 1:00 Quilting  	<b>4</b> 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Mornay</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>5</b> 8-4:00 Billiards 10:00 Angel Walkers 10:00 <b>The Latest in Hearing Aids</b> 12:00 Senior Lunch <b>Vegetable Alfredo</b> 1:00 Pitch Party 	<b>6</b> 8:00 <b>HCOA Board Mtg.</b> 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Meatloaf &amp; Gravy</b> 12:30 Movie " <b>12 Men of Christmas</b> " 1:00 Bridge 1:00 Line Dancing 4-6:00 <b>HPFF Blood Pressure Clinic</b> 	<b>7</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Lemon Pepper Fish</b> 1:00 Cribbage 
<b>10</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Chili</b> 1:00 Quilting 1:00 <b>Friends Meeting</b> 4:30 <b>Bereavement Support Group</b> 	<b>11</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Spanish Meatballs</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>12</b> 8-4:00 Billiards 10:00 Angel Walkers 11:00 <b>The Silvertones</b> 12:00 Senior Lunch <b>Buttermilk Chicken</b> 1:00 Pitch Party 1:30 <b>Katie Cohen</b>  	<b>13</b> 9-12:00 Bone Den. Screening * 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 <b>Book Discussion Group</b> 12:00 Senior Lunch <b>Beef &amp; Cabbage Casserole</b> 12:30 Movie " <b>The Christmas Shoes</b> " 1:00 Bridge 1:00 Line Dancing 	<b>14</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Orange Beef</b> 1:00 Cribbage 
<b>17</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Chicken Parmesan</b> 1:00 Quilting 	<b>18</b> 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Beef Stroganoff</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>19</b> 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <b>Salmon Boat w/Dill</b> 1:00 Pitch Party 	<b>20</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Turkey w/Gravy</b> 12:30 Movie " <b>A Mom for Christmas</b> " 1:00 Bridge 1:00 Line Dancing 	<b>21</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Italian Braised Beef</b> 1:00 Cribbage 
<b>24</b> <b>SENIOR CENTER</b>  <b>CLOSED</b>	<b>25</b> <b>SENIOR CENTER</b>  <b>CLOSED</b>	<b>26</b> 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <b>Honey Baked Chicken</b> 1:00 Pitch Party 	<b>27</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>American Chop Suey</b> 12:30 Movie " <b>Christmas in Boston</b> " 1:00 Bridge 1:00 Line Dancing 	<b>28</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Chicken Primavera</b> 1:00 Cribbage 
<b>31</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Chicken w/ Herbed Broth</b> 1:00 Quilting 	<b>Senior Center Annual Christmas Party</b> <b>Monday, Dec. 3 @ 12:30 p.m.</b> By reservation only before Tuesday, Nov. 27	<b>BY RESERVATION ONLY</b> Thursday, Dec. 6 Mountview School Christmas Breakfast Saturday, Dec. 15 Wachusett Area Rotary Club Christmas Breakfast	<b>BONE DENSITY SCREENING</b>  <b>Thursday December 13</b> <b>9:00 a.m. – 12:00 p.m.</b> <b>*BY APPOINTMENT ONLY</b>	<b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b>

## COMING IN JANUARY...

Monday, Jan. 14 ~ Using Humor to Heal



Wednesday, Jan. 16 ~ Concert



Wednesday, Jan. 23 ~ Home Cook Lunch

*Details will appear in January's newsletter.*

## FRIENDS OF HCOA

### I WOULD LIKE TO:

- ☐ Renew My Membership  
☐ Become a New Member

Enclosed is my \$5.00 Donation  
Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

## DECEMBER MOVIES

**Thurs., Dec. 6 ... "12 Men of Christmas"** Emmy winner Kristin Chenoweth stars in this hilarious story about baring it all for a cause. When New York Publicist E. J. Baxter (Chenoweth) loses both her job and fiancé at the office Christmas party, she does what anyone would do - she takes a job in Montana! Now, to help the local search-and-rescue station raise funds, E. J. must convince 12 men to pose naked for a calendar, and soon, she finds herself wanting to make room in her own calendar for one of the hunky rescuers.

**Thurs., Dec. 13 ... "The Christmas Shoes"** After 10-year-old Nathan Andrews learns that this will be his mother's last Christmas, he decides to buy her a special gift. As Nathan sets out on his quest, fate puts him in the path of Robert Layton, an overworked attorney who has forgotten to take time for his family. It's the boy's love for his mother that inspires Robert to reconnect with what's truly important in his life. Inspired by the #1 hit song and best-selling book, The Christmas Shoes shows that small miracles happen every day - you just have to be willing to see them. Stars Rob Lowe & Kimberly Williams.

**Thurs., Dec. 20... "A Mom for Christmas"** When 11-year-old Jessica receives a free wish, she gets what she asked for and more - a mom for Christmas! A beautiful woman named Amy shows up at her door bringing life and laughter back into Jessica's family. The trouble is, Amy isn't real and can only stay until Christmas Eve. But now that Amy has brought new meaning to their lives, Jessica and her dad don't want to lose her. Olivia Newton-John stars in Disney's charming tale of love, family and starting over that will bring you great cheer.

**Thurs., Dec. 27 ... "Christmas in Boston"** What started as a six-grade pen pal project turns into a topsy-turvy romantic mishap when Gina and Seth - now all grown up - finally decide to meet in person. They have a life-long friendship based on letters, but there's one little problem - the photos they exchanged were of their better-looking best friends. As a last-resort solution, they each send their best friends to meet instead, and a convoluted series of comical situations ensue, especially when the magic of Christmas inspires the two friends to fall in love. But soon the truth is revealed, and they learn a little lesson about self-confidence and being honest with those we love.

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

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Holden, MA 01520

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